

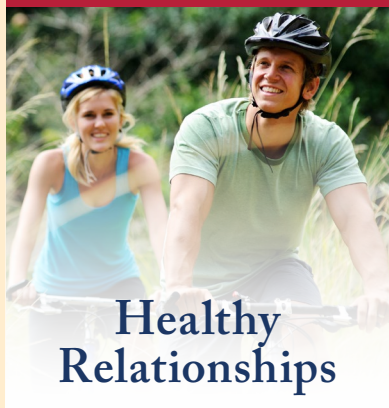
# What's New with MC&FP

October 2013 Edition



## >> Upcoming in OCTOBER

### OUTREACH THEME



Healthy Relationships



### ONLINE LEARNING SCHEDULE

- ★ Webinar - Oct. 1, 2013  
MySECO for Military Spouses
- ★ Webinar - Oct. 3, 2013  
MySECO for Military Spouses
- ★ Webinar - Oct. 17, 2013  
TRICARE Dental Plan Options

## >> Happening in SEPTEMBER

### OUTREACH THEME



Family Wellness

### SEPTEMBER ePUBLICATIONS

Military OneSource eNewsletter:  
<http://www.militaryonesource.mil/MOS/f?p=MOSNEWS:COVER:0::::MONTH,-YEAR:September,2013>



### SOCIAL MEDIA CAMPAIGNS/CONTESTS



Military OneSource  
Create a Cover Contest:  
Creative Ways Your Kid Stays Active



### ONLINE LEARNING SCHEDULE

- ★ Webinar - Sept. 19, 2013  
TRICARE Preventive Services
- ★ Webinar - Sept. 25, 2013  
Military OneSource Overview on Defense Connect Online
- ★ Webinar - Sept. 26, 2013  
Military OneSource Overview on DCO
- ★ Webinar - Sept. 30, 2013  
Introduction to Training: DoD Educational and Developmental Intervention Services
- ★ Live Chat - Sept. 30, 2013  
Survivor's Guide and its Benefits



## >> AUGUST

### WEBINARS



8/15/2013

Health Care Options After Losing TRICARE Eligibility



## >> AUGUST

### AUGUST ePUBLICATIONS

#### Military Community and Family Policy eMagazine

<http://www.militaryonesource.mil/MOS/f?p=EMAG2:COVER:0:::MONTH,YEAR:August,2013>

#### Exceptional Family Member Program Exceptional Advocate

<http://apps.militaryonesource.mil/efmp/book/2013/August>

#### Military OneSource eNewsletter

<http://www.militaryonesource.mil/MOS/f?p=MOSNEWS:COVER:0:::MONTH,YEAR:August,2013>

#### Joint Family Support Assistance Program eNewsletter

<http://www.militaryonesource.mil/MOS/f?p=JFSAP:COVER:0:::MONTH,YEAR:August,2013>



### NEW ARTICLES

#### Parenting eNewsletters: Sound Prenatal and Parenting Advice

[http://www.militaryonesource.mil/parenting?content\\_id=272412](http://www.militaryonesource.mil/parenting?content_id=272412)

#### Military Physical Fitness Test and Weight Standards: Getting Fit the Right WEIGH

[http://www.militaryonesource.mil/hbi/health-wellness?content\\_id=272418](http://www.militaryonesource.mil/hbi/health-wellness?content_id=272418)

#### Don't Fall Into a Burning Ring of Fire – How to Deal With Wildfires

[http://www.militaryonesource.mil/disaster-resources/natural-disasters?content\\_id=272433](http://www.militaryonesource.mil/disaster-resources/natural-disasters?content_id=272433)

#### Mentoring: Guiding, Directing and Advising

[http://www.militaryonesource.mil/seco?content\\_id=272434](http://www.militaryonesource.mil/seco?content_id=272434)

#### Installation Employment Readiness Specialists: A Valuable Resource for You

[http://www.militaryonesource.mil/seco?content\\_id=272436](http://www.militaryonesource.mil/seco?content_id=272436)

#### Networking – Building Relationships

[http://www.militaryonesource.mil/seco?content\\_id=272437](http://www.militaryonesource.mil/seco?content_id=272437)

#### Parenting After a Suicide

[http://www.militaryonesource.mil/casualty/understanding-grief-and-loss?content\\_id=272438](http://www.militaryonesource.mil/casualty/understanding-grief-and-loss?content_id=272438)

#### Farmers' Markets Encourage Healthy Eating

[http://www.militaryonesource.mil/hbi/food?content\\_id=272439](http://www.militaryonesource.mil/hbi/food?content_id=272439)

#### Building a Partnership With Your Child's School and Overcoming Your Child's School Struggles

[http://www.militaryonesource.mil/parenting/pre-school-and-early-school-years?content\\_id=272452](http://www.militaryonesource.mil/parenting/pre-school-and-early-school-years?content_id=272452)

#### Armed Forces Medical Examiner System

[http://www.militaryonesource.mil/casualty?content\\_id=272462](http://www.militaryonesource.mil/casualty?content_id=272462)

#### Reducing Your Dependency on Debt

[http://www.militaryonesource.mil/pfm?content\\_id=272567](http://www.militaryonesource.mil/pfm?content_id=272567)

#### Pandemic Flu: Staying Home Saves Lives

[http://www.militaryonesource.mil/disaster-resources/health-epidemics?content\\_id=272591](http://www.militaryonesource.mil/disaster-resources/health-epidemics?content_id=272591)

